

Smoky Sweet Potato and Black Bean Tacos

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/loaded-sweet-potato-recipes>

Ingredients:

- 2 tablespoons olive oil
- 1 red onion diced
- 2 garlic cloves minced
- 2 sweet potatoes medium, cut into 1/2-inch cubes
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cumin
- 15 ounces black beans drained and rinsed
- 8 flour tortillas warmed
- 1 cup manchego cheese freshly grated
- fresh cilantro for topping
- lime wedges
- 3 tablespoons greek yogurt
- 3/4 cup half-and-half
- 1 tablespoon adobo sauce from a can of chipotles in adobo
- 1/2 lime
- 1/2 lime
- 1/8 teaspoon salt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 20 milligrams
4. Fat: 14 grams
5. Fiber: 7 grams
6. Protein: 13 grams

7. SaturatedFat: 5 grams
 8. Sodium: 1230 milligrams
 9. Sugar: 4 grams
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